



**WELLINGTON EATERY
STANDS OUT WITH ITS
SIMPLE CHARM
LUNCH RUSH** {page 19}

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IS CATCHING ON
IS IT A TREND, OR A
HEALTHY CHOICE** {page 17}



**REVEALING
STAR TREK ACTOR
OPENS UP ABOUT
HIS SEXUALITY** {page 16}



OTTAWA

metro®

Tuesday, October 18, 2011
www.metronews.ca



News worth sharing.

Sk8er. Girl



JESSICA SMITH/METRO

► Canadian pop-punk idol Avril played her hits to a partly full crowd at Scotiabank Place, as part of her Black Star Tour yesterday.

Avril delights fans with Black Star Tour

She played songs from her latest album, *Goodbye Lullaby*, but fans from young girls to middle-aged men seemed to shriek and cheer loudest at her old hits like *Sk8er Boi*.

We had to tell public: Top doc

► Infection risk less than one in a million for hepatitis B, less than one in 50 million for hepatitis C and less than one in three billion for HIV, officials say

An Ottawa clinic that performed endoscopic procedures is where 6,800 people may have been exposed to HIV and hepatitis B and C, officials with Ottawa Public Health (OPH) say.

At a news conference yesterday, medical officer of health Dr. Isra Levy named Dr. Christiane Farazli as the operator of the clinic, located at 1081 Carling Ave.

"In the late spring the College of Physicians and Surgeons of Ontario inspected a clinic in Ottawa. The inspection found some infection-prevention and cleaning protocols were not always being followed," said Levy. He said there is no way to know for how long those protocols, which involve complex steps and the use of active chemicals, were not followed. As a

result, all patients who attended the clinic between April 2002 and last June, when the college ordered the clinic to stop performing endoscopic procedures, are being contacted and advised they have a slight risk of being infected.

Farazli is working with OPH, according to a statement issued by the city, but she wasn't at the press conference and she wasn't available for comment yesterday.

"I sincerely regret that the issues that were identified in my facility occurred and I apologize for any inconvenience or anxiety that patients may experience upon receiving this notification," said Farazli in the city issued statement.

SEAN MCKIBBON

More coverage {page 3}

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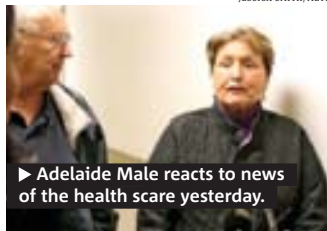
Patient shocked clinic posed infection risk

Dr. Christiane Farazli's internal medicine clinic was closed yesterday as Ottawa Public Health announced her clinic's sterilization practices weren't up to snuff and were the source of a weekend announcement that several thousand people may have been exposed to an infection risk.

About 6,800 of her patients will receive letters

from Ottawa Public Health advising them to get tested for HIV and hepatitis B and C because her clinic failed to properly clean and disinfect equipment used for gastroscopies and colonoscopies.

Adelaide Male will likely receive a letter. She and her husband Sidney found out the clinic was responsible for the scare as they left an-



▶ Adelaide Male reacts to news of the health scare yesterday.

other doctor's office in the medical complex at 1801

Carling Ave and encountered a gaggle of reporters outside of Farazli's locked door.

"My family doctor sent me to her and I went there in good faith ... never thinking that this would happen," said Adelaide when she learned about sterilization problems at the clinic

where she had a colonoscopy last spring.

The risk to Adelaide Male, or any of Farazli's patients, is miniscule, according to Ottawa Public Health. But that doesn't reassure Adelaide, she said.

"No, not in this day and age," she said. "I don't think in this day and age it should be happening."

● JESSICA SMITH

College urges PM to grow a mo

▶ Local broadcasting students post YouTube video calling for Harper to support Movember campaign



JOE LOFARO
@METRONEWS.CA

Algonquin College's student-run radio station is trying to convince Prime Minister Stephen Harper to grow a moustache in support of next month's Movember campaign.

The station might have to up the ante, though, after a government spokesperson said Harper's upper lip will stay bare this November.

"While the Prime Minister will not be growing a moustache this year, he does wish the organizers of this year's campaign every success in raising funds and in increasing awareness of prostate cancer," read an email statement from Andrew MacDougall, the Prime Minister's Office associate director of communications.

\$76.8M

The global Movember campaign raised \$76.8 million last year, \$22.3 million of which came from the Canadian campaign.

CKDJ 107.9 program manager Ryan Gibson is confident he'll gather the 10,000 signatures he is seeking to convince the prime minister otherwise. "I'll keep pushing for him to grow one until the end," said Gibson, who is also a radio broadcasting student. "He takes his role as a politician quite seriously and I think, just for bringing attention to Movember, there's no other high profile person in the country than the prime minister."

The station tried the same campaign last year,

but was unsuccessful. Funds raised from the Canada-wide campaign will go to Prostate Cancer Canada.

Gibson's uncle's battle with prostate cancer is one of his motivations for restarting the campaign. He may have to focus his effort on Mrs. Harper, though, after she said last year she wouldn't be very fond of a moustache on her hubby.

"The wife is usually always in charge, regardless if you sit in the top chair in the country," said Gibson, with a laugh.

Last November, a number of MPs grew moustaches in support of the Canadian campaign, including Liberal Justin Trudeau and New Democrat Peter Stoffer.

Gibson said people can sign his petition at facebook.com/ckdjmovember. prostate cancer.



▶ CKDJ 107.9 released this promo poster of Prime Minister Stephen Harper sporting a moustache to convince him to grow a real one for Movember.

1

news



New study argues in favour of a distinction between regular teenage shyness and a crippling social disorder. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

So far, Bay Street rat-racers have been too preoccupied to pay much mind to their would-be occupiers. Video at metronews.ca

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Hubley breaks silence after son's suicide

► City councillor says Jamie Hubley was loved, accepted by family, but had trouble seeing positive side of life



JESSICA SMITH
@METRONEWS.CA

Kanata South Coun. Allan Hubley spoke yesterday about his son's suicide — saying his “beautiful boy” was a compassionate, talented child who struggled with depression and bullying over his sexuality before he took his own life.

“This past Friday, our family suffered one of the worst experiences that can happen to a family when we lost our boy — Jamie. To make this even more difficult, his death was the result of suicide,” said Hubley in a statement released yesterday afternoon.

Hubley said Jamie was bullied for years. In Grade 7 Jamie was treated cruelly for preferring figure skating to hockey and in high school he was called vicious names for putting up posters for the school's Rainbow Club, which were torn down.

Jamie's family met with the school administration to try to end the bullying,



► Kanata South Coun. Allan Hubley and his son James Hubley pose for a photo when James visited city hall to sing O Canada with his high school glee club at the beginning of a council meeting last week. A full version of Coun. Hubley's statement is available at metronews.ca.

but Jamie felt it would never stop, his father said.

“We will not say that the bullying was the only reason for Jamie's decision to take his one life, but it was definitely a fac-

“Jamie asked a question no child should have to ask — why do people say mean things about me?”

COUN. ALLAN HUBLEY

tor,” said Hubley. “We must do whatever we can

to wipe out bullying for any reason in our society

and especially in our schools.”

Jamie “didn't have a mean bone in his body” and worked with his father on helping others in the community.

“Although James had a great many people who loved and supported him, something in his mind kept taking him to a dark place where he could not see the positive side of life,” Hubley said. “Jamie is free of his pain now and there is a new angel, but we have paid too high a price.”

Jamie was receiving counselling and treatment at the Children's Hospital of Eastern Ontario for depression, said Hubley, adding his son struggled with his sexuality and being judged about it by others.

Hubley thanked the people who have supported his family as they cope with James's death. The family is asking for privacy.

“I need time to deal with the pain of not being able to save my precious boy,” Hubley said.

The family asks everyone wishing to make a donation in Jamie's memory to direct it to the Youth Services Bureau Mental Health Walk-in Clinic.

Students join Jamie's cause

Before he killed himself, Jamie Hubley was trying to build up the Rainbow Club, a gay-straight alliance, at his school.

“He was the leader,” said

his friend Steph Wheeler.

Now, another student at A.Y. Jackson Secondary School wants to step up in his place and more students say they want to join.

“It's to raise awareness, because there are so many people who are struggling with this. I think we should show as much support as we can,” said Wheeler.

A few weeks before he died, Hubley gave Wheeler a rainbow bracelet with the word “Pride” on it that he planned to give out to other students to promote the gay-straight alliance, she said. Now, Wheeler is selling the same style of bracelet as a fundraiser for Jer's Vision, a charity that works to stop homophobic

bullying.

Hubley's father, Coun. Allan Hubley, said when his son put up posters for the club they were torn down and “he was called vicious names in the hallways and online.”

Jamie Hubley also wrote about how hard it was to be out at his school.

“I hate being the only

open gay guy in my school. It f—ing sucks, I really want to end it,” he wrote on his blog.

Wheeler said that now that he is gone, there are no other openly gay students at A.Y. Jackson, that she knows of.

Jeremy Dias, the founder of Jer's Vision, said gay-straight alliances

are becoming more common and are a great way to engage straight students and prevent homophobic bullying.

“It's a really great initiative for youth to get engaged and make a difference and do something helpful and fantastic,” Dias said.

● JESSICA SMITH

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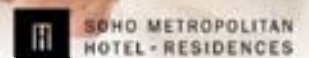


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MATT DUNHAM/THE ASSOCIATED PRESS

Global 'Occupy' protests digging in



► A businessman sticks his tongue out in jest as he walks past tents erected by protesters from the Occupy London Stock Exchange group outside St Paul's Cathedral. Protesters in cities across the globe have taken part in rallies inspired by the Occupy Wall Street demonstrations in the United States, expressing their frustration at social inequality and corporate greed.

Momentum for the movement

NEW YORK. The month-old Occupy Wall Street movement enjoyed its new momentum yesterday. UN Secretary-General Ban Ki-moon expressed sympathy with the protesters, and even protest-averse China said some issues raised are worth considering.

THE ASSOCIATED PRESS

"We saw what the banks and financial institutions did to the economy. We bailed them out. And then they went about evicting people from their homes."

JOHN ST. LAWRENCE,
A FLORIDA REAL-ESTATE LAWYER

Occupy protests head to court

UNITED STATES. Around the U.S., over 350 people were arrested in a half-dozen cities during last weekend's protests. Also yesterday, civil rights activist Cornel West was scheduled to appear in court in Washington after being arrested Sunday.

THE ASSOCIATED PRESS

'Big splash' a financial flop

TORONTO. A call to make a "big splash" in the heart of Canada's financial district as the workweek began caused barely a ripple yesterday, but unfazed Occupy Bay Street protesters pledged to press their condemnation of the country's economic system.

THE CANADIAN PRESS

\$300K

In New York, nearly \$300,000 in cash has been donated through the movement's website and by visitors to the park. Donated goods range from blankets and sleeping bags to cans of food and medical and hygienic supplies. Supporters are shipping about 300 boxes a day.

For the long haul

- James Green, a spokesman for Occupy Nova Scotia, said yesterday the protesters planned to stay for the foreseeable future to push their message of social justice and economic equality.
- The dozens of people camped outside the Vancouver Art Gallery also said they were planning to stay for the long haul.

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BRA Day to support breast-cancer survivors

The very first BRA Day (Breast Reconstruction Awareness Day), takes place across the country tomorrow.

BRA day is intended to educate and promote awareness and access for post-mastectomy breast reconstruction via community-based events and a new online resource — bra-day.com.

"When I realized that I was going to have to undergo mastectomy, my attentions were focused on both my health and on my re-

covery following surgery," said breast-cancer survivor Jodi Brown. "Reconstructive surgery restored my self-esteem and made me feel complete again.

"I think it is important for every woman diagnosed with breast cancer to know her options early on and know that, after the emotional and physical hurdles, you can get back to being yourself."

For more information on the event, visit bra-day.com/events.php.

● METRO

U.S Priest held briefly in Rome

► Reverend and a dozen supporters marched toward Vatican chanting for ordination of women as priests

ANDREW MEDICHINI/THE ASSOCIATED PRESS

A U.S. Catholic priest who supports ordination for women was detained briefly by police yesterday after marching to the Vatican to press the Holy See to lift its ban on women priests.

The Rev. Roy Bourgeois and supporters marched down the main boulevard to the Vatican with a banner "Ordain Catholic Women" and chanting outside St. Peter's Square "What do we want? Women priests! When do we want them? Now!"

Police stopped the group and told them to take down their banners since they didn't have a protest permit. When police tried to



► Ree Hudson, left, and other members of the Women's Ordination Conference group stage a protest in front of St. Peter's Basilica in Rome yesterday.

take the banners, members of the group resisted, resulting in Bourgeois and two others being taken away in police cars, witnesses said.

Bourgeois and members of the Women's Ordination Conference and other

groups had come to Rome to deliver a petition signed by some 15,000 people backing Bourgeois, who is facing dismissal from his Maryknoll order for his support of women's ordination. **THE ASSOCIATED PRESS**

Wet. March



► Protesters walk under heavy rain in Unduavi, Bolivia, as they advance toward the country's capital yesterday.

DOLORES OCHOA/THE ASSOCIATED PRESS

A long and winding protest

Indigenous and environmentalist groups began an estimated 242-mile march from Trinidad to La Paz on Aug. 15 to protest a government-planned highway that would cut through the Isiboro-Secure Indigenous Territory National Park, home to 15,000 indigenous people.

Chile demands military volunteers

Chile is giving nearly 57,000 18-year-olds one month to report for potential military duty, saying the government needs to fill gaps in its armed forces because a nationwide student protest movement has reduced the number of volunteers it usually gets.

Military service is obligatory in Chile, but there are usually enough volunteers to fill the ranks so no one serves against their will.

Vargas blamed the student movement that has been campaigning for education reform since April for leading thousands of young people to boycott schools, thus closing doors to military recruiters.

THE ASSOCIATED PRESS

11,340 An armed forces spokesman said Chile needs a larger pool to fill 11,340 spots.



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News in brief

Flood evacuees living in limbo

WINNIPEG. Months after their reserve flooded, hundreds of evacuees from a Manitoba First Nation are still unable to return to their homes and Canada's national chief says living in limbo is taking a toll.

Water is still more than two metres higher than normal in the remote aboriginal community of Lake St. Martin, north of Lake Manitoba.

THE CANADIAN PRESS

Heavy drinking has a cost: study

EXPENSES. The toll of excessive drinking works out to about \$2 per drink, in terms of medical expenses and other costs to society, according to

federal research in the United States.

The U.S. Centers for Disease Control and Prevention study calculated societal costs from binge and heavy drinking beyond what consumers pay at the bar or liquor store.

THE ASSOCIATED PRESS

Deal reached for new national park

SABLE ISLAND. The Nova Scotia government has reached a deal with Ottawa to make Sable Island the country's newest national park.

Premier Darrell Dexter signed the agreement in Halifax with Peter Kent, the minister responsible for Parks Canada.

The crescent-shaped island sits about 300 kilometres southeast of Nova Scotia and is home to 400 wild horses, as well as breeding grey seals and numerous bird species.

THE CANADIAN PRESS

Straight out of a comic

► Masked avengers seem to be gaining popularity in the real world

Fabio Heuring was standing outside a Seattle nightclub with a friend on a Saturday night, smoking cigarettes, when a man bolting from a bouncer ran into them. Enraged, the man ripped off his shirt in the middle of the street and prepared to give Heuring's buddy a beating.

Just then, in swooped a bizarre sight: a self-claimed superhero in a black mask and matching muscle-suit. He doused the aggressor with pepper spray, much to Heuring's shocked relief.

A couple hours later, though, using those tactics on another group of club-goers would land the superhero — Benjamin Fodor, better known as Phoenix Jones — in jail for investigation of assault, sending pangs of anxiety through the small, eccen-



GENE JOHNSON, MANUEL VALDES/THE ASSOCIATED PRESS

► Benjamin Fodor, left, a self-styled superhero who goes by the name Phoenix Jones, talks to reporters as he stands next to one of his attorneys, Matt Hartman, after Fodor appeared in court on Oct. 13 in Seattle.

tric and mostly anonymous community of masked crime-fighters across the U.S.

The comic-book-inspired patrolling of city streets by "real-life super-

heroes" has been getting more popular in recent years, thanks largely to mainstream attention in movies like last year's Kick-Ass and the recent HBO documentary Super-

660

The website reallifesuperheroes.org lists 660 members around the world. They range from members of the New York Initiative in New York City and the Shadow Corp in Saginaw, Mich., to a character named Nightbow who says he has patrolled the streets of Carlisle, England, for three years.

heroes. And as the ranks of the masked, caped and sometimes bullet-proof-vested avengers swell, many fret that even well-intentioned vigilantes risk hurting themselves, the public and the movement if they're as aggressive as Jones. **THE ASSOCIATED PRESS**

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Four rescued in possible fraud scheme

► Police investigate whether woman was stealing hostages' disability checks

Police investigating why four mentally disabled adults were found locked in a dark and squalid basement say the discovery of dozens of pieces of identification points to a wide-ranging fraud scheme.

The four adults were rescued over the weekend when the building's landlord shined a flashlight behind a steel door that had been chained shut. One adult had been shackled to

"It's heartbreaking that people can do such horrifying things to other people,"

OFFICER TANYA LITTLE, POLICE SPOKESWOMAN.

the boiler, police said. The space was too small for an adult to stand upright, and it reeked of waste from the buckets the four had used as toilets.

Police are looking into whether the suspects were holding the four people hostage and collecting their disability cheques, police

spokeswoman Tanya Little said.

"Without a doubt, this is just the beginning of this investigation," Lt. Ray Evers told The Associated Press.

Charges of criminal conspiracy, aggravated assault, kidnapping, criminal trespass, unlawful restraint, false imprisonment and re-

lated offences were filed Sunday against Linda Ann Weston, 51, Gregory Thomas, 47, and Eddie Wright, 50.

The people found in the basement — a 29-year-old woman and men aged 31, 35, and 41 — have the mental capacity of 10-year-olds, police said. Little said they appeared to have no physical problems other than malnourishment.

THE ASSOCIATED PRESS

Flood. Danger



► Thai workers make their way on motorcycles yesterday after they were told to evacuate when water started to break through makeshift barriers erected the past few days.

APICHART WEERAWONG/THE ASSOCIATED PRESS

Evacuations in Thailand

Thai authorities have ordered the immediate evacuation of the country's oldest industrial park, which was founded in 1971, after floodwaters breached its defences of the park and threatened to inundate the factories inside.

Passersby ignore toddler in hit-and-run

A grisly video of a Chinese toddler hit by a van has sparked outrage and disbelief in Chinese media.

Closed-circuit camera footage posted on YouTube and Youku, a Chinese video-sharing site, shows that the two-year-old, identified by the China Daily newspaper as Yueyue, was left writhing in a street as roughly a dozen pedestrians, cyclists and motorists passed by in-

side a market in Foshan, a city in China's southern Guangdong province.

The passersby all also ignored the girl's bloody body. A rickshaw driver, a motorcyclist and even a woman hand-in-hand with a young child noticed the toddler but neglected to stop. The girl was run over a second time by a light-duty truck.

After the driver struck the girl, he paused, his vehicle straddling the girl's torso, before driving forward, running her over a second time. At press time there were conflicting reports as to whether the girl had survived. **TORSTAR NEWS SERVICE**

Canada's communities are not for sale!

Why CETA is a bad deal for Canada

Canada and the European Union are negotiating a new Comprehensive Economic and Trade Agreement (CETA). This is a big deal for Canada and so far, negotiations have been quietly taking place behind closed doors.

If CETA is signed it will:

- Threaten our democracy by putting corporate rights first
- Encourage privatization of Canada's drinking water and wastewater services
- Threaten local job creation and "buy-local" policies
- Cause prescription drug costs to skyrocket by at least \$2.8 billion per year
- Allow big corporations to ignore or challenge environmental regulation

Let's work together to stop this deal.

THE COUNCIL OF CANADIANS
LE CONSEIL DES CANADIENS
ACTING FOR SOCIAL JUSTICE / AGIR POUR LA JUSTICE SOCIALE

Public Meeting

Learn more about how CETA threatens Canadian communities and how you can help stop this deal.

**Wednesday, October 19
7 p.m.
Saint Paul University
Auditorium 203, Guigues Hall
223 Main Street, Ottawa**

Featuring

Maude Barlow
*National Chairperson,
Council of Canadians*
Paul Moist
*National President,
Canadian Union of Public Employees*
Frédéric Viale
*Attac-France, author of
"L'horreur européenne," France*

This event is part of a cross-country tour with the Council of Canadians and CUPE.

CUPE Canadian Union of Public Employees

LIES MY TV TOLD ME

SHE SAYS ...

JESSICA NAPIER
METRO



I grew up on a steady diet of sitcoms. Before the days of Angry Birds and social networking, I turned to cable television for my nightly fix of mindless entertainment. And even though the programs were fictional, the zany antics of attractive ensemble casts started seeming pretty plausible after the second or third rerun. Here are seven sitcom myths I had to unlearn once I realized that real life isn't an after school special.

1. Having a career is just a plot device. Real people have jobs. You don't spend hours sipping cappuccinos and discussing your on-again, off-again love affairs in the middle of the afternoon; you actually have to work if you want to earn a living. Also, it's important to note that days at a real-life office aren't spent pranking each other with stationery in Jello moulds.

2. CHEERS: Where everybody knows your name. Your buddies don't hang out at one specific diner/coffee shop/bar all the time. Your social circle will be scattered across the city (or country) and you will rarely bump in to your friends by chance. That's what Foursquare is for.

"Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore."

habit of chuckling after almost everything you say in an attempt encourage others to do the same. Or maybe that's just me? OK — moving on.

4. Everybody is attractive. Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore.

5. Ex-lovers only reappear in re-runs. Your ex-boyfriend is not a hunky guest star that disappears after a four-episode arc. You'll inevitably run into him, probably when you're on your way home from the gym or sick with a head cold.

6. Have you seen my awesome apartment? Twenty-some-things don't shack up with astonishingly attractive roommates in impossibly expensive 2,000-square-foot industrial lofts. It's more likely that you'll end up living in a modest rental unit with your parents' old furniture and a mouse problem.

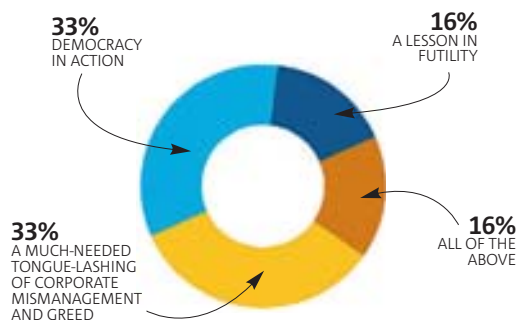
7. Being single is the best! Singledom is hardly a slew of comical encounters with eccentric yet loveable characters; most first dates are awkward and entirely underwhelming — hilarity does not ensue. There are also plenty of lonely, miserable nights; they just don't show that on TV.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

The Occupy Wall Street protests are:



Letters

The 99 per cent that Occupiers represent are demanding change and are gaining supporters from all walks of life.

In the past, the North American and European economies were dependent on an automobile sector, decent wages and population growth. Not to mention a need for consumers to keep on spending to keep the economy going. What is happening now is literally the opposite.

The gap between the rich and the poor is increasing dramatically.

The population is aging and there are less working people to support the government and society. Corporations are outsourcing jobs to countries like China and India. There are less decent-paid jobs now and unemployment is increasing. The people are no longer earning \$30.00 per hour unless you work for the government. This is reducing consumer spending, saving, and increasing debt. The population is basically scrambling for minimum-wage jobs.

Occupy Wall Street is an interesting phenomenon because it reflects this anxiety.

ALEX SANGHA
DELTA, B.C.

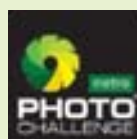


photo of the day



► This photo titled *A Still More Glorious Dawn Awaits* was submitted to the Imagination category by [vanessapaxton](#) from Toronto.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

'Excuse me officer, I was driving good'

Police say a Detroit-area man had his nine-year-old daughter drive him to the store because he had apparently been drinking.

Brownstown Township Detective Lt. Robert Grant said yesterday the girl was sitting behind the wheel in a child's booster seat before 3 a.m. on Oct. 8 when an officer opened the driver's side door of the full-sized panel van her father uses for work.

Grant tells the Detroit Free Press newspaper the girl said to the officer: "What did you stop me for? I was driving good."

Someone called police after spotting the pair stopped at a gas station. The caller watched the girl get in the driver's seat and pull the vehicle onto the road.

"She's driving pretty good, I'm telling ya. I can't believe it," the man told the dispatcher.

The father was arrested and is facing several charges, including second-degree child abuse.

The daughter told officers her father had been drinking whiskey all night and took her out to drive. "Very sweet, intelligent little girl," Grant said. **THE ASSOCIATED PRESS**

Local tweets



- **@justinemw:** RT @jszeliger: Stop light outside Carleton uprooted and fall at entranceway. At least one person receiving aid #ottawa #Carleton
- **@NCRTopEmployers:** Assistant or Associate Professor - International Management: University of Ottawa (Ottawa ON).. #jobs #Ottawa #job <http://t.co/DJKcc6cX>
- **@sherrilynne:** Want to learn about #Google+? I'm speaking at this week's eWomen's Network in #Ottawa <http://t.co/ywBD5wkB>
- **@YourCityDeals:** \$20 for 20 #Kids #Kickboxing Classes and \$10 towards a T-Shirt at Team Bushido. A \$220 Value | <http://t.co/qWXinFUC> #Ottawa #Deals
- **@Billings_Bridge:** RT @ottawa_arts: Theatre season in #Ottawa relaunched. I count 3 openings this weekend: Salt Water Moon, Whispering Pines, Dreams of...
- **@kmacnaull:** Exciting night in our neighbourhood. Think we just witnessed a drug bust on our corner! Yay for our police department #ottawa

News in brief

Record sales for iPhone 4S

MODEL. Apple says it sold more than four million units of the new iPhone model in three days. It's selling more than twice as fast as the previous model when it launched last year.

Apple Inc. and its phone company partners started selling the iPhone 4S on Friday in the U.S., Australia, Canada, France, Germany, Japan and Britain. That's two more launch countries than last year.



▶ A customer shows his iPhone 4S.




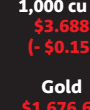
There are also more phone companies selling the phone. In the U.S., Sprint Nextel Corp. is the new carrier.

When Apple launched the iPhone 4 last year, it sold 1.7 million in the first three days.

Apple shares fell \$3 to \$419 in afternoon trading at a new high of \$426.70 earlier in the session.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
- 158.7 (11,923.04)	- 1.12¢ (97.84¢ US)	- \$0.42 US (\$86.38 US)	\$3.688 (- \$0.15)
			Gold \$1,676.60 (- \$6.40)

PRICES AS OF 3 P.M. EST/EDT

Free apps at what cost?

- ▶ RIM does not know financial impact of global outage
- ▶ Company could lose about \$26 million: Analyst

The co-CEO of Research In Motion says the BlackBerry maker doesn't know yet what the final price tag will be for last week's global email, text and Internet outage.

Jim Balsillie says the Waterloo, Ont., company hasn't calculated the cost of offering BlackBerry users \$100 in free apps and doesn't know yet how it will impact its earnings.

One analyst has estimated that if RIM were to compensate all carriers and customers for the down time of the BlackBerry network, its earnings would be negatively affected by three to five cents per share in the current quarter — a total of about \$26 million.

Balsillie also says that so far wireless carriers have not asked him for compen-



▶ A BlackBerry is shown last Wednesday in Chicago.

sation for the outage, which affected areas such as Europe, Africa, the Middle East and North America for varying lengths of time.

He says the free apps to consumers actually cost \$5,

\$10 and \$15. Balsillie defended how RIM communicated the outage to the public, saying every minute doing public relations is time not spent fixing the problem. **THE CANADIAN PRESS**

Free apps

Available tomorrow to make up for global outage.

- ▶ iSpeech Translator Pro: speech-recognition technology converts words, spoken or typed into the phone, into multiple languages.
- ▶ Drive Safely Enterprise: reads text and email messages aloud.
- ▶ Nobex Radio: streams AM, FM and Internet stations.
- ▶ Shazam Encore: premium version of song-recognition program displays lyrics with music.
- ▶ Vlingo Plus: Virtual Assistant: voice recognition allows users to text, update Facebook and other tasks.
- ▶ Photo Editor Ultimate: allows photo editing on the BlackBerry.
- ▶ Games: SIMS 3, Bejeweled, N.O.V.A., Texas Hold'em Poker 2, Bubble Bash 2.

Germany's top companies pledge to promote women

Germany's 30 top public companies pledged yesterday to increase the number of women who serve in top-level management positions during the next five years as the nation struggles to combat a shortage of qualified personnel by attracting more women to the workplace.

The pledges come six months after members of Chancellor Angela Merkel's government first sparked the idea that Germany lags far behind other industrialized nations in promoting women to its highest business positions — a problem it does not have on the political side.

Yet the government remains divided on the key is-



▶ German Family Minister Kristina Schroeder, left, and Labor Minister Ursula von der Leyen in Berlin yesterday.

sue of whether gender equality can and should be legislated.

Labour Minister Ursula von der Leyen welcomed the companies' efforts, but criticized them for falling short of what is needed to convince women that they

can have a career in Germany that would be as rewarding as what they would be capable of abroad.

Germany ranks alongside India with only 2.2 per cent of women in boardrooms.

THE ASSOCIATED PRESS

Tim's adds pasta-to-go

Tim Hortons is making room beside coffee, doughnuts and sandwiches on its menu for lasagna.

The restaurant chain says it will unveil the

new pasta-to-go option with a beef lasagna casserole bowl starting Monday.

The move comes as Tim Hortons broadens its lunch menu in an attempt to keep customers from choosing competitors.

McDonald's has

recently begun serving a broad selection of coffees alongside its regular menu while Starbucks offers an array of sandwiches and lunch packs.

Tim Hortons says the new product is intended to complement its hot soups and chili.

THE CANADIAN PRESS

This fall, Wednesdays are Open House Days at Randstad



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2

scene

Scene in brief



Opera star Measha Brueggergosman and songwriter Stephan Moccio will join Martin Short on the Canada's Got Talent judging panel. Citytv also announced that Toronto TV personality Dina Pugliese will host the show. Brueggergosman is a Juno-winning soprano. Moccio is known for writing the song I Believe for the Vancouver 2010 Olympics.

THE CANADIAN PRESS



E! News' host Giuliana Rancic says she has been diagnosed with breast cancer.

Smashing the past

► Billy Corgan talks new tour and his desire to bring the Smashing Pumpkins into the present



HEIDI
PATALANO
SCENE@METRONWS.CA
METRO WORLD NEWS IN NEW YORK

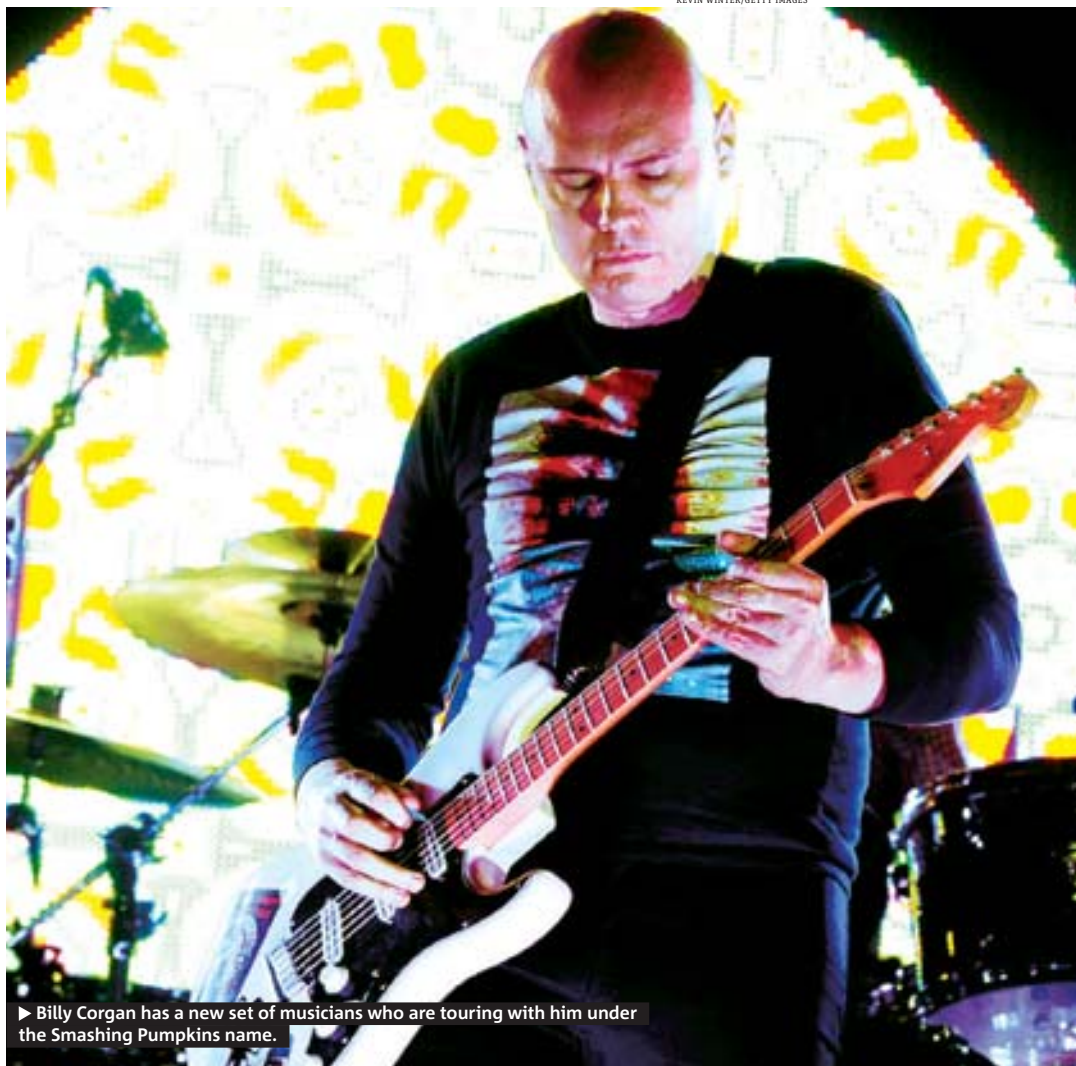
Billy Corgan is one of the titans of the '90s alternative rock scene. He's a polarizing figure in some circles, having issued a few controversial remarks in the past regarding his ex-band mates, with whom he no longer tours. But with a new set of musicians touring under the Smashing Pumpkins name, Corgan wants to bring the band into the present with his latest tour.

Does the music you write under the Smashing Pumpkins name differ from material you've written as Zwan or your self-titled work?

It's weird because the whole idea with the Pumpkins originally that evolved in the early days was more that it was supposed to be kind of an experimental excitement kind of thing whereas away from the Pumpkins, I tend to write a little bit more traditional music. [It's] probably a little more obvious in a way. For whatever reason, the Smashing Pumpkins, the idea of the band or the spirit of the band, has always pushed me to force myself out of my comfort zone. If it's just me, Billy Corgan, I guess I want to try different things. There's something about the way the band was formed as being in awe of rock 'n' roll but also wanting to destroy rock 'n' roll. That spirit still pervades everything that goes on with the Pumpkins. Somehow that only seems to exist under that banner.

So then, how does one destroy rock 'n' roll?

Maybe it's different now, but let's say 20 years ago there was sort of an unwritten rule that you don't talk about how fake rock 'n' roll really was. If you saw this interview with Iggy Pop and he was talking about these amazing books he was reading, people would scratch their



► Billy Corgan has a new set of musicians who are touring with him under the Smashing Pumpkins name.

heads and say, 'I thought he was kind of stupid and rolled around in glass.' They would be disappointed. So the Pumpkins came along and were willing to poke holes, particularly in the indie alternative world, in the facetiousness of the whole thing, this idea that we were all living in vans down by the river. It was this kind of fantasy that musicians were a subterranean class, were able to create works of incredible beauty or something. So we were just like, oh f— all that.

Where do you see innovation happening in music?

Honestly, I think in terms of predicting something,

the future of rock 'n' roll is probably in mixed media. Because it always starts in the basement with a 16-year-old. What can she do to actually change rock 'n' roll? Maybe she figures out a very cheap, easy but creative way of combining moving image, a personal vision, and music. So imagine like, a 16-year-old girl puts out a 20 minute film that she did on her own of moving images, songs that she created and suddenly, a million teenage boys and girls connect to what she's doing, not just because of the song, but also the way she's cut the music and the sound effects, like a personal statement of her world but more three di-

mensional than say just music is. I think that's the future of rock 'n' roll.

In going into your back catalog as you kind of have to, are there any songs that you love playing again and are there songs you'd never play again?

Honestly, every time I tour, I look at the whole list and I go with what I feel. Songs we're playing on this tour, some songs I haven't played in like 17 years.

Like what? Which songs?

Oh, I can't give that away. But some songs you play and it's 'oh, it feels good to play this after 17 years.' But nothing's prohibitive. I love playing my songs. I've

gotten a bad rap for being picky about what I'll play ... but it's weird because sometimes it's not so much that I don't want to play the song but it's the audience's expectations that effect what I want to play. I'll give you a perfect example. You'll play a new song that's a pretty good song, a song you have confidence that it's a pretty good song and the audience applauds and then you play a mediocre old song and the audience acts like it's the greatest song they've ever heard. As an artist, you're standing there saying, OK, that's not real. That's not a real reaction to what's happening. That's a memory-sensory reaction.

DVD Releases

Buy it 🌐🌐🌐🌐 | **Rent it** 🌐🌐🌐 | **Borrow it** 🌐🌐🌐 | **Yawn** 🌐 | **Don't bother** 🌐

Green Lantern

Genre: Action

Director: Martin Campbell
Stars: Ryan Reynolds, Blake Lively, Peter Sarsgaard

Canada's Ryan Reynolds shines dimly as the Green Lantern, the summer actioner of the same name based on the DC Comic and directed by Martin Campbell.

Reynolds is Hal Jordan, a cocky test pilot who busts up billion-dollar prototypes just for the hell of it. Oh, and to impress Carol Ferris (Blake Lively) who plays a corporate scold, frustrated pilot and Jordan's occasional bedmate.

The buffed-up Reynolds proves to be an inspired hire. His Jordan manages to keep a straight face when he meets a dying purple alien who hands him a Crackerjack toy ring and advises: "The ring chose you."

For what? The slim story involves digital green Spandex and a tour of the



outer cosmos, where Jordan confers with a gaggle of emerald-obsessed interplanetary cops who call themselves the Green Lantern Corps. They're ruled by the Guardians, one of whom has gone rogue and turned into a planet-eating smoke entity called Parallax. Jordan will have to fight Parallax to save Earth. Were you expecting anything less?

Reynolds shows promise in the role, if future installments of what's sure

to be a franchise are able to scrape away some of the digital green goo that threatens to drown this film — which seems more Saturday morning cartoon than Friday night date — and deliver a more satisfying story. That will be hard to do with a series as loopy as this one.

Extras, mostly on the Blu-ray, include additional scenes, "Maximum Movie Mode," extended cut and making-off featurettes.

● **PETER HOWELL**

Bad Teacher

Genre: Comedy

Director: Jake Kasdan

Stars: Cameron Diaz, Jason Segel, Justin Timberlake

Bad Teacher instructs us that Cameron Diaz needs to return to comedy school: being pitiful isn't the same as being funny.

She plays Elizabeth, a seventh-grade English teacher at a suburban Illinois middle school. She's a free-spending floozy with a substance-abuse problem, untreated chronic depression and a near-sociopathic disregard for the needs and feelings of others, especially her students and fellow teachers.

Lack of suitability for her job doesn't matter much to Elizabeth; she plans to ditch it anyway, and marry her rich fiancé (Nat Faxon).

Writers Gene Stupnitsky and Lee Eisenberg (vets of TV's *The Office*) surround Elizabeth with one-



dimensional sitcom types: a butt-covering principal (John Michael Higgins), an introvert with esteem issues (Lynn Davies), an extrovert with control issues (a game Lucy Punch) and a naive supply teacher (Justin Timberlake, a former Diaz beau) who is as dim as a small appliance bulb.

Despite the extra talent, the main comedic course

load falls to Diaz, who proves unable to bear the burden under Jake Kasdan's flat direction.

It's too bad for Diaz. She badly needed a hit after recent duds like *The Green Hornet* and *Knight and Day*.

Extras include deleted scenes, featurettes and unrated version of film (Blu-ray only).

● **PETER HOWELL**

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'We're terrified of facing ourselves'

► Star Trek actor Zachary Quinto reveals sexuality ► Hopes to inspire others to be proud of who they are

For the first time, Zachary Quinto has opened up about being gay, explaining in an interview with New York magazine how much starring in the AIDS-themed *Angels in America* has affected him, calling it the "most challenging thing I've ever done as an actor, and the most rewarding."

At the same time, as a gay man, it made me feel like there's still so much work to be done, and there's still so many things that need to be looked at and addressed."

Quinto, who had previously refrained from comment on his sexuality, says he was compelled to do so after the suicide of bullied 14-year-old Jamie Rodemeyer.

"As a gay man, I look at that and say there's a hopelessness that surrounds it," he says. "But as a human being I look at it and say, 'Why? Where's this disparity coming from, and why can't we as a culture and society dig deeper to examine that?' We're terrified of facing ourselves."

● METRO



► Zachary Quinto

ALL PHOTOS GETTY IMAGES

Celebrity tweets

"i have spent the day in awe of this outpouring of support and resonance. we. are. in. this. together. NEVER FORGET! i am deeply moved."



@ZacharyQuinto



@AlecBaldwin

"Sitting in a restaurant with @hilariathomas and some VERY drunk people are railing against progressive politics. Madre Mia!!!!!!"



@JerrySeinfeld

"Wolf Blitzer beard. Grow it in. Shave it off. I don't care. Just do something. Can't take it anymore."



@GarryShandling

"I like Herman Cain because if elected you get another president for half-price."

Iconic actress remembered by loved ones

Elizabeth Taylor was honoured by friends and family at a memorial event held on the Warner Bros. lot in Burbank over the weekend, according to People magazine.

Hosted by Colin Farrell, the event was attended by Taylor's children Michael and Christopher Wilding, Liza Tivey and Maria Burton, and stepdaughter Kate Burton, as well as friends such as Michael Caine and Elton John, who performed at the ceremony.

● METRO

2nd Annual Oktoberfest and Volksmarch
in the ByWard Market
Saturday, Oct. 22, 2011

Oktoberfestivities:
9 a.m. - 11 a.m.
Volksmarch begins in front of the Ottawa School of Art on George
11 a.m.
Oktoberfest kick-off with Mayor Jim Watson & Kurt Stoodley at the Oktoberfest Bear Tent on Clarence (92 Clarence)
11 a.m. - 4 p.m.
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Including: Free wagon rides | Entertainment | Food & More

For more information and to register for the Volksmarch online:
www.byward-market.com
613-562-3325

Osbourne taking pot shots at old rival, Aguilera



► Christina Aguilera

Kelly Osbourne clearly hasn't gotten over the teasing she claims to have received from Christina Aguilera over the years, and she's using her E! show, *Fashion Police*, to get some payback.

"She called me fat for years. I was never that fat," Osbourne commented while showing unflattering photos of Aguilera performing at a Michael Jackson benefit concert in Wales last week.

Her co-host, Joan Rivers, also got in on the act, adding, "Lady Marmalade got into the peanut butter again."

● METRO



► Kelly Osbourne

Rocker 'won lottery' with Gwyneth

Chris Martin admits that he's only really had one serious relationship in his life — his marriage to Gwyneth Paltrow.

"That's right. I'm in it," he says in an interview with CBS. "It's a giant

leap. Let's face it, it's like winning the lottery." Martin, who rarely speaks openly about his family life, also says his two kids with Paltrow — Apple, 7, and Moses, 5 — have had quite an impact on his ca-

reer with Coldplay.

"It's made it more focused," he says. "And you have a purpose. I like what it does. Just the idea of having to work hard so your kids are OK."

● METRO



► Before you take on barefoot running, be sure to ease into it.

Benefits of barefoot

► Running sans shoes has been catching on more in fitness circles ► But there are questions about why it could be good for you ► Experts suggest easing into a new style to avoid injury

CELIA MILNE
LIFE@METRONWS.CA

Is barefoot beautiful?

It's becoming more common to see people running with bare feet or wearing super-light shoes.

But should you toe the line?

To find out if this is a more "natural" way to run, Metro contacted Dr. Reed Ferber (PhD), director of

the Running Injury Clinic and an associate professor in kinesiology at the University of Calgary.

He believes at the moment the trend is driven more by marketing than health.

"There is no research to support that running barefoot, or in a minimalist shoe, will improve performance or reduce injury risk," he says.

Given time, research

might reveal benefits. Dr. Dan Lieberman in the department of human evolutionary biology at Harvard University is studying how the naked foot lands during running versus how the shod foot lands, and what impact this has on the body.

He is trying to figure out why humans apparently need fancy shoes to run when they ran without them for eons.

One theory is that some people don't need elevated and highly cushioned heels because they land on their mid-foot or forefoot rather than their heel.

Dr. Ferber estimates that less than 10 per cent of the population has the proper anatomical alignment, adequate ankle stabilizer strength, and calf muscle flexibility to run in a barefoot-style shoe.

"The rest are at risk for

injury unless they transition properly," he says.

If you are interested in switching to barefoot running, Dr. Ferber recommends easing into it over four to six weeks and taking a few months to regain your pre-switch mileage.

It's also important to do gentle calf raises after running to strengthen calves, which will be impacted differently when you run barefoot.

New study shows



Ten per cent of women worry more about their waistline than they do about their relationship. The survey revealed that these women admitted they felt guiltier cheating on their diet on their partner.

● METRO



UK medical group rejects 1st drug to extend lives for patients with advanced skin cancer



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You'll never look at a cell the same way

Some cellphones harbour E. coli bacteria, U.K. hand washing study finds So, maybe, don't take your phone into the bathroom any more

A new hand washing study has found cellphones teeming with bacteria — and some even harbour the sort of germs that should give people an incentive to scrub better after visiting the washroom.

Sixteen per cent of hands and mobile phones examined for the study, conducted in 12 cities in the United Kingdom, were found to carry E. coli, which originates in fecal matter and can cause diarrhea and vomiting.

"We sent some of my students up and down the length and breadth of the country with a number of swabs, and they swabbed hands and the mobile

phones associated with them, and they brought their swabs back ... to identify the prime organisms," said Ron Cutler, director of biomedical science for degree programs at Queen Mary, University of London.

"One of the major relationships was that basically if your hands are very dirty, then your phone tends to be also very contaminated with the same type of bacteria," Cutler said Friday.

An analysis found 92 per cent of phones and 82 per cent of hands had traces of some type of bacteria on them.

THE ASSOCIATED PRESS



ISTOCK PHOTO

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

The truth about parabens

When you see 'Paraben free' on a beauty product's label, you might assume that parabens are a bad thing.

But it's not as clear cut as that, and it's a subject that our beauty editor Rhonda Rovon explores in the October issue of Best Health.

For example, is there truth to the claims that these synthetic preservatives — which extend a product's life by stopping fungus, bacteria and other microbes from growing in creams and makeup, especially in the moist, warm environment of a bathroom — cause cancer?

da say?

In products without parabens as a preservative, the replacement is often another chemical preservative, called phenoxethanol.

Is it better and safer?

And what about natural preservatives like turmeric, clove bud, rosemary, etc; are they effective, and are they a practical solution?

It's a fascinating subject, because without preservatives, we may all end up with refrigerators in our bathrooms that store our products so they don't spoil. The answers to the above questions, and much more, are in Rhonda's hefty feature in the Look Great section of the October issue, which is on newsstands now.

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What does Health Cana-

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ALL THAT STRESS IS NOT GOOD FOR YOUR ORAL HEALTH TOO!

For the last couple of years now, we have been dealing with such negative economic news. Many people feel the pinch of this news as they either face layoffs from their jobs or there is a threat of such layoffs persistently hanging overhead. And this can be stressful!

Most of us are aware that stress can affect our hearts and our blood pressure. But many of you may not be aware that stress can also affect your oral health.

The impact of stress on oral health may be indirect. For instance, people under stress are more likely to neglect their hygiene routines or make unhealthy food choices. Bad eating habits can creep in as we search for "comfort foods". Unfortunately, comfort foods tend to be high in sugar which is never friendly for our teeth.

When those sugary foods are combined with the tendency of individuals under stress to forgo regular brushing and/or flossing, more sticky food particles can be left on the teeth. This can attract the bacteria that lead to tooth decay and gum disease.

Individual under stress are also more



Dr. David Lui
Dental Surgeon

likely to grind their teeth, particularly while they sleep. This is known as bruxism and it can lead to headaches, earaches, chronic facial pain and even the uneven wearing of the teeth. Many people suffering from bruxism wear night guards while they sleep to help alleviate the symptoms.

Even dry mouth and cankers can result from stress. Cankers tend to be harmless, albeit rather painful. As for dry mouth, the loss of the cleansing effects of saliva can result in bad breath and other more serious oral health issues, such as biofilm, tartar and the

gum disease they can produce.

Of course, stress can compromise your immune system. And when immune systems are not working efficiently, gum disease can become a problem. Your body needs to be operating efficiently in order to combat the bacteria that attacks it from all directions, including the mouth. The stronger your immune system, the more ready you are to do battle with the multiple species of bacteria that find the mouth to be a wonderful home!

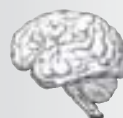
Just remember that smiling is one of the simplest ways to help alleviate stress. But if poor oral health has left you with a smile you would rather not show off, you are less likely to take advantage of this form of stress relief. So talk to your dentist if you are experiencing any of these conditions due to stress... and let your dentist help you put on a smile that will keep that stress away!

Because alleviating stress is a healthy habit... and healthy habits lead to healthy lives.

Dr. David Lui
- Dental Surgeon

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.



Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>

Homey charm at Wellington

► This eatery's casual approach makes it stand out among the new and trendy spots ► Try fresh lunch favourites such as soups and sandwiches

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



You might miss this gem if you're driving along Wellington

these days, distracted by the new restaurants and trendy shops.

In this kitchen with five tables, the ambiance is casual and friendly. Cabaret music plays in the background, and the fresco-painted walls are worn and comfortable. Regulars know to take their dishes behind the counter to the tub when they are finished.

The curried lentil soup



► Curried Lentil Soup and Ham and Cheese Sandwich (\$5.99)

Wellington Sandwiches

1123 Wellington St. W.
613-722-5946

Reservations: No

Social lunch: Yes

Quick solo lunch: Yes

Lunch with co-workers:

Yes

Client negotiations: Yes

Price range: \$

Rating: 3.5 out of 5

served the day I was there made me stop, taste and savour.

The broth was rich, and the bowl was overflowing with lentils along with carrots and potatoes for good measure. It was hearty, vel-

vety and gorgeous with just enough zest and curry spice to make it interesting.

The ham and cheese was sandwiched between fresh wheat bread with lettuce, tomato and mustard.

It's a simple sandwich that worked because the ingredients were fresh.

Wellington Sandwiches maintains its simple charm amidst the fine dining trend that's elbowing into Hintonburg.

Choklabboll (Scandinavian treat)



They come in slippery, tongue-twisting names such as "choklabboll". And they are spreading across North America.

They are the sweets of Scandinavia; treats once relegated mostly to the Midwest, where Norwegians and Swedes settled. But in recent years, stores specializing in the confections have increasingly shown up in urban areas. Make your own.

give mix a stir. Refrigerate for 1 hour.

2 Place coconut in a shallow dish, such as a pie tin. Roll chocolate-oat mixture into 3-cm (1 1/4-inch) balls, then roll each in the coconut. Refrigerate in an airtight container.

THE ASSOCIATED PRESS/
ALISON LADMAN

Preparation:

1 In bowl or food processor, pulse oats, sugar and cocoa powder to combine. Add vanilla and butter and pulse again, to mix. Add coffee and pulse until mix has come together. Remove blade and

Ingredients:

- 875 ml (3 1/2 cups) quick oats
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) cocoa powder
- 5 ml (1 tsp) vanilla
- 150 ml (10 tbsp) butter, room temperature
- 125 ml (1/2 cup) cold coffee
- Shredded coconut

Cereal: Key to great meat loaf

► Replace breadcrumbs with breakfast cereal, and mix ground beef with ground turkey for a delicious twist



► This meat loaf serves four.

Preparation:

1 Heat oven to 190 C (375 F).

2 In food processor, place mushrooms, pulse until finely chopped. Scrape into mixing bowl. Add kamut and broth to processor, process until kamut coarsely crushed.

3 To bowl of mushrooms, add crushed kamut and broth, egg white, garlic, 30 ml (2 tbsp) of the ketchup, salt and pepper. Stir until well mixed. Add ground beef and ground turkey, then use your hands to mix well.

4 Spread meat mixture evenly in a non-stick loaf pan. Spread remaining 30 ml (2 tbsp) of ketchup evenly over top.

5 Bake for 30 to 35 minutes or until meat loaf reaches 74 C (165 F).

Remove from oven and carefully pour off excess liquid from pan, using a spatula to hold meat loaf in pan while pouring. Let meat loaf stand for 5 minutes. Slice into 4 servings. THE ASSOCIATED PRESS/ ROCCO DISPIRITO

Ingredients:

- 175 g (6 oz) cremini mushrooms
- 250 ml (1 cup) puffed kamut cereal
- 75 ml (1/3 cup) fat-free, reduced-sodium chicken broth
- 1 egg white, lightly beaten
- 1 clove garlic, minced
- 60 ml (4 tbsp) low-sugar ketchup, divided
- 1 ml (1/4 tsp) salt
- 0.5 ml (1/8 tsp) ground black pepper
- 250 g (8 oz) lean ground beef
- 125 g (4 oz) fat-free ground turkey breast

HOW TO DEAL WITH INAPPROPRIATE CHATTER

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

What do I do in situations where, in a social group, somebody starts to say something totally inappropriate for the situation and I need to interrupt the speech, and talk about something more neutral. Or somebody asks questions I do not wish to answer. In both cases I need to be very polite but do not know what to do or say. Please help.
Elizabeth

Dear Elizabeth,

It can be very uncomfortable when you are with a group of people and some-



► If someone continues to say things that make you uncomfortable, it's a good idea to speak directly to that person. That's a better option than staying silent.

one begins to say or ask inappropriate topics of conversation.

First, try to draw as little attention to the matter as possible. I would say nothing and as soon as the person is finished talking, I would immediately go back to the conversation at hand.

If this person continues to say things publicly that

make you uncomfortable, your best bet is to speak with this person privately and mention that these questions they ask make you uncomfortable and could they please respect your privacy and not ask such things.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.



► This man may be smiling, but do you think he is crying on the inside?

Money can't buy you love

► Materialism in spouses hard on marriage, study says

It seems that being a material girl — or guy — can be hard on a marriage, especially if both spouses place a high value on money and accumulating possessions, research suggests.

In a study by Brigham Young University, researchers found that materialism in a spouse was associated with lower levels of responsiveness to the partner, less emotional maturity, poor communication and higher levels of conflict.

The study, published Thursday in the *Journal of Couple & Relationship Therapy*, also found that love of money in one or both spouses led to reduced satisfaction in the relationship and threatened the marriage's stability.

"We did find that materialism is harmful to marriage and that the effect of it seems to be widespread," lead author Jason Carroll, a professor of family life at Brigham Young in Provo, Utah, said in an interview. "This is more of an erosion pattern, rather than a land-fall pattern."

Carroll said couples in which both spouses reported not caring about money — about 14 per cent of the group — scored 10 to 15

"If we prioritize relationships and keep them at the top of our focus, that really helps us from getting sucked into the materialistic messages in the culture and helps us get to where true happiness will be found."

PROFESSOR JASON CARROLL

per cent higher on marriage stability and other measures of relationship quality than did couples where one or both are materialistic.

The effect was particularly pronounced when both the husband and wife worshipped at the altar of consumerism, as was the case in about 20 per cent of participants.

"Couples where both spouses are materialistic were worse off on nearly every measure we looked at," he said.

The study involved 1,734 married couples across the United States. Each spouse filled out a questionnaire, which included a self-report

on how much he or she values "having money and lots of things."

Researchers expected there would be more conflict and lower marital satisfaction when there was a mismatch in values between partners, with one being materialistic and the other not, Carroll said.

"However, our study found that it's actually the couples where both have high levels of materialism that struggled the most," he said. "So even when spouses were unified in that value stance, they were the couples that (fared the worst)."

Carroll said being materialistic could lead some people to spend more than they can afford, creating debt and financial stress that can wear away the emotional glue that holds couples together. The focus by one spouse on money and what it can buy can also leave the partner feeling neglected and unhappy, he suggested.

With fears about the volatile economy, those whose happiness relies on augmenting and showing off their possessions may have difficulty if forced to tighten their belts, he said.

THE CANADIAN PRESS

ADVERTISING FEATURE

RECYCLE FROG

(613) 695-1236

Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer.

Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, hassle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

Learn how to be a money-smart mama

► Whether you're single or partnered, you need a plan in case you get ill ► The right insurance can protect you

ISTOCK



► Financial preparedness is essential for mothers.

Among the 2,115 Canadians who participated in the 2011 Desjardins Financial Security Health Survey, 67 per cent said that an illness would make them financially vulnerable.

Another 77 per cent who live with children were afraid that they would use up their savings during recovery, leaving no money for their children's education.

The survey also pointed out that women fear the potentially devastating effects of cancer more than any other serious illness.

"What's interesting is that women today are able to assert their independence by their lifestyle and career choices, but many still find financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family

care-giving and decision-making, but they are often in a more vulnerable financial position. So, it's essential that women become better prepared financially in case of an emergency, like a serious illness."

Every working mother with dependants should have a financial safety plan that includes three distinct layers, says Leslie.

1. **Disability insurance:** It's a valuable, must-have protection that pays a regular benefit based on the person's monthly salary, which can be used to cover everyday financial commitments.

2. **Extended medical insurance:** Even with the protection of disability insurance, many women are not able to pay for all of the drugs and treatments associated with a serious illness.

And it's important to point out that they also may not be covered by their provincial health care system.

An extended medical insurance plan is an excellent protection against these high costs.

3. **Critical illness insurance:** It's often the missing piece of the puzzle, but luckily it's a product that's growing in popularity.

In fact, sales of critical illness insurance in Canada

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position. So, it's essential that women become better prepared financially in case of an emergency, like a serious illness."

JANEY LESLIE, CERTIFIED FINANCIAL PLANNER WITH DESJARDINS FINANCIAL SECURITY

have doubled in the past 10 years.

It provides a substantial lump-sum payment tax-free, which can be used for anything.

For example, even the minimum benefit of \$25,000 would allow someone to make a year's worth of mortgage payments or travel outside the country to seek the best medical care available.

Imagine what \$100,000 or \$250,000 would allow them to do?

NEWS CANADA

WHAT'S THE BOTTOM LINE ON MORTGAGE BROKERS?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



There are over 400 types of mortgage products on the market and it's hard to know whether you're selecting the right one. That's why Canadians are using independent mortgage brokers at an alarming rate because mortgage brokers can save you time and money!

An independent mortgage broker isn't tied to any financial institution and instead works on behalf of you, the client, rather than the lender. Because they are not employees of a lending institution, mortgage brokers are not limited in the product they can offer you.

They can seek out the

best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies, or insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

Mortgage brokers can get better deals on mortgages, terms and rates because they have direct access to lenders. Once you've met with one, they'll prepare a funding proposal and shop it around to get the best and most appropriate mortgage options.

Brokers with strong networks can often get nearly instant approvals and they can negotiate better rates and terms on your behalf.

In the vast majority of cases, clients don't have to pay for the services of a mortgage broker. Instead, when the broker matches a lender with a buyer and a mortgage is placed, the bro-

ker is paid by the lender. Their paycheck is based on the size of the mortgage, not the rate.

Major financial institutions have groups of in-house "mortgage brokers". But they're different from independent brokers as they sell clients mortgage products that are exclusive to the bank. If you're keen to stay loyal to your bank, you can ask your independent mortgage broker to negotiate specifically with your financial institution.

Be careful who you choose to work with. Not all brokers are great and have their client's best interests in mind. Get referrals from trusted friends or family members. Research current rates and structures in advance of meeting with a broker. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

POPQUIZ

How can your families save money during tax season this year?

A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS

in Lesley Scorgie's Fun and Frugal Column: Make the cost of raising a family less taxing.

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Sponsored by:



metro^{your}

77%

Percentage of people surveyed who feared they would use up their savings during recovery from an illness, leaving no money for their children's education.



YOUR PARTNER IN BUSINESS

STOCKBYTE/THINKSTOCK

BMO CONSIDERS BOTH PERSONAL AND PROFESSIONAL LIVES

You don't just run a small business — you live it.

For too long, banks have treated small business owners as though their personal and professional lives were separate. But one happens to impact the other. And that's why BMO considers both before offering you banking solutions.

Here's one example of how we do it.

JAMES: I run a business as an electrician. Things were OK when I started out, but then the recession hit. All of a sudden, my customers couldn't make their payments on time.

I started working longer hours, which hurt my family. I began to realize how much balance my wife and children brought to my life — the less I saw them, the worse my situation felt.

Business kept going south. I considered relaxing my repayment terms (giving customers 60 or 90 days to pay me back, instead of 30), but that wouldn't have solved my cash-flow problem. So I started looking for new customers in a down market.

The more hours I spent doing that, the fewer I spent at home.

I needed help.

CELEBRATE SMALL BUSINESS WEEK

BMO is celebrating Small Business Week 2011, and you're invited to the party. This week, more than 400 participating BMO branches will be hosting their own Biz Cafés: Local events across the country to thank small business owners (like you) for their achievements. It's an opportunity to celebrate with the experts who can help owners grow their business.

BMO Biz Cafés will be popping up across Canada.

To find the one nearest you, visit bmo.com/smallbizweek.

JOE COLLURA, BMO SMALL BUSINESS AREA

MANAGER: I remember James. We had a long conversation.

He did most of the talking. He told me about his business and how much it meant to him.

He explained the solutions he'd tried, which weren't working.

When he'd finished, I asked him how all this affected him personally. James was surprised by that. I explained to him that at BMO, we look for solutions that solve problems at home, as well as on the job. They aren't really separate.

That got him talking a lot more. And it gave me an idea.

James had never before operated on credit. He never thought to ask for it. So I convinced him to fund his business through a Small Business Line of Credit. This allowed him to meet his financial obligations and cover any temporary shortfalls of cash. It also made his hours more predictable, letting him get home to his family in good time. Six months later, his business had turned around.

CONNECT WITH PEOPLE IN THE KNOW THROUGH BMO

As a small business owner, you're part of a community. But it's bigger than the neighbourhood you live and work in. There's also a whole online world — where business people like you can meet, network and exchange ideas with experts in a range of fields. That is, if you can find them.

BMO aims to put you in touch. The new BMO SmartSteps for Business Online Community is your chance to connect with people in the know on their daily blog posts, even if you disagree; engage them in dialogue through BMO.

Of course, you probably have a large network of contacts already. So grow it further by engaging your fellow entrepreneurs online in this eCommunity. Instantly share the posts you like best by clicking icons for Facebook, Twitter,



ISTOCKPHOTO/THINKSTOCK

RSS feeds and email in the top right corner of each page. Continue to discuss and debate in the comments section of each post. Read the latest feedback on Twitter by following @BMOsmb.

The eCommunity is there when you need it most. Download Business Coach Podcasts and listen to them in your free

KEEP YOUR FINANCES ON TRACK

Everyone needs a checkup once in awhile. The same is true for your small business. With the BMO SmartSteps for Business online assessment tool, you've got an easy way to keep your finances on track.

The assessment tool guides you through a series of questions that can

be completed in minutes. When you are done, it provides you with a free, customized Action Plan, filled with valuable tips on how to save time and money — and maximize profits — for your small business.

Visit bmo.com/business and try it out today.

time. Review older blog entries, archived and searchable under topics like Daily Operations, Marketing, and Managing Cash. If you're unsure of where to begin (or if you're just really busy), focus on the posts your fellow entrepreneurs have found most useful — you are encouraged to rate posts from one to five stars. The website also

lists the most-read posts right on the main page. In this way, eCommunity members help one another.

Joining the BMO SmartSteps for Business Online Community doesn't just get you great resources — it makes you a great resource yourself. Visit bmo.com/smartbusinessowners today to get connected.

In business, success starts with a solid foundation.

**Let us assess your business and provide solutions that
can save you time and money to innovate and grow.**

Sign up for a commercial banking solution¹ and receive one of the following:

- \$100 credit from Google AdWords^{®†,2}
- 20 GB of storage space free for one year with SecureVault^{™‡,3}

Speak with a BMO[®] representative today, or visit bmo.com/business



¹Promotion runs from September 1, 2011 – December 31, 2011. Applicable when customer uses the BMO SmartSteps[®] for Business assessment tool and signs up for any solution recommended on their Action Plan.
²Services referred to herein are provided by Google Inc. Receive a \$100 credit when you open a Google AdWords account. Offer valid for new customers only. Once coupon credit expires, regular Google AdWords fees and terms and conditions apply if you wish to continue using the service. Coupon not redeemable for cash. Detailed terms and conditions visible here: http://www.google.com/ads/adwords_couponsterms.
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4
sports

Quoted



"We weren't very happy with the results, and we certainly knew that we were a better team than we showed."

TEXAS MANAGER RON WASHINGTON WHOSE RANGERS ARE HEADING INTO THEIR SECOND-STRAIGHT WORLD SERIES IN GAME 1 VERSUS THE ST. LOUIS CARDINALS TOMORROW NIGHT. LAST YEAR TEXAS WAS WIPED OUT BY THE SAN FRANCISCO GIANTS IN FIVE GAMES IN THE RANGERS' FIRST-EVER WORLD SERIES APPEARANCE.



Scan code for more sports.

A week to show their strengths

► Senators hope to put aside struggles with slate of home games ► 'It's about results': Phillips

The Ottawa Senators think it's about time to pull out of their early season slide.

With just one win in their first five games, Ottawa is facing a week that includes three games on home ice at Scotiabank Place. They host Philadelphia tonight, Winnipeg on Thursday and Columbus on Saturday.

"You look at our record and we need to start getting some points," said veteran defenceman Chris Phillips. "We made some good strides last game. I thought we played well and maybe deserved better, but it's about results and we need to get up there in the standings."

Other than an ugly 7-1 loss to the Colorado Avalanche, the Senators have managed to keep games close. But Ottawa has struggled early in games, getting outscored 15-3 in the first and second periods.

It's tempting to chalk up the struggles to the several new faces in the lineup, but Phillips doesn't believe it's that simple.

"We're not going to use that as an excuse," he said. "We have the talent, the guys are capable and everyone's shown their ability and that's why we're all here. It is a little adjustment playing with different guys and what not, but we're all familiar with the system and we know what's expected of us and we have to go out and get the results we're looking for."



► Senators captain Daniel Alfredsson, left, and rookie Mika Zibanejad watch a video review during last week's home opener against Minnesota.



FLYERS



SENATORS

► Time: 7:30 p.m.
TV: Sportsnet

Senators head coach Paul MacLean has been juggling lines, but so far, the only line to find consistency is Nick Foligno, Peter Reagin and Chris Neil.

"Right now they're an

Lineup notes

Sergei Gonchar missed practice with a bruised foot and isn't expected to play tonight.

► Craig Anderson missed

practice for personal reasons and Alex Auld will start against the Flyers.

► Forward Bobby Butler's groin injury might be more serious than expected. He isn't likely to return to the lineup this week.

to give you a good shift."

To improve, the Senators need younger players to contribute, including Mika Zibanejad, who is running out of time to prove he belongs in the NHL. Zibanejad

has played all five games, giving the team four more to decide whether to send him back to Sweden or keep him for the season.

"I think Mika can play in the NHL," said MacLean. "It's whether or not we decide it's going to be right now for the rest of the year or next year."

MacLean admits the final decision hasn't been made, but it's likely Zibanejad's performance this week will play a huge factor in his future. **THE CANADIAN PRESS**

Fans honour Wheldon at Indy



► A racing fan leaves a tribute to Dan Wheldon at the Indianapolis Motor Speedway yesterday.

Dan Wheldon's biggest fans wanted one more chance to thank their favourite driver yesterday.

They turned Indianapolis Motor Speedway's main gate into a memorial for the two-time Indianapolis 500 winner, who was killed Sunday in a fiery crash in Las Vegas. Less than 24 hours later, the iron bars at IMS were decorated with flowers, notes of condolence, checkered flags, American and British flags and even half-gallon milk

"I wouldn't run them on ovals. There's just no need to."

FIVE-TIME NASCAR CHAMPION JIMMIE JOHNSON WHO CALLED ON INDYCAR TO STOP RACING ON OVALS IN THE WAKE OF DAN WHELDON'S DEATH. JOHNSON BELIEVES THE INDYCARS ARE BUILT FOR STREET CIRCUITS AND ROAD COURSES, AND DRIVE TOO FAST TO RACE ON OVALS.

jugs, symbolic of the traditional victory drink at Indy. It was Indy where the 33-

year-old Wheldon had his greatest successes and the most devoted fan-base outside his native England.

He won the Indianapolis 500 driving for Michael Andretti's team in 2005 and won it again in May for Bryan Herta's team.

Track officials lowered the flags above the main office to half-staff, and later in the afternoon hung a five-foot by 30-foot banner with Wheldon posing with Indy's Borg-Warner trophy.

THE ASSOCIATED PRESS

Crash survivors

Two IndyCar drivers were released from a Las Vegas hospital yesterday after overnight treatment for injuries suffered the fiery crash that killed Dan Wheldon.

► IndyCar spokeswoman Amy Konrath says Pippa Mann had surgery for a burn to her right pinkie finger and will require a second surgery in two to three weeks and JR Hildebrand has a severely bruised sternum.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	4	4	0	0	0	15	11	8	3-0-0-0	1-0-0-0	4-0-0-0	W4
d-Pittsburgh	6	3	1	1	1	18	16	8	1-1-1-0	2-0-0-1	3-1-1-1	L2
d-Toronto	3	3	0	0	0	11	7	6	3-0-0-0	0-0-0-0	3-0-0-0	W3
Philadelphia	4	3	0	1	0	14	8	7	1-0-1-0	2-0-0-0	3-0-1-0	L1
Buffalo	4	3	1	0	0	14	9	6	1-1-0-0	2-0-0-0	3-1-0-0	W1
NY Islanders	4	3	1	0	0	11	6	6	3-1-0-0	0-0-0-0	3-1-0-0	W3
New Jersey	4	3	1	0	0	9	8	6	2-1-0-0	1-0-0-0	3-1-0-0	W3
Carolina	5	2	2	1	0	13	18	5	1-1-0-0	1-1-1-0	2-2-1-0	W2
Florida	5	2	1	0	0	7	6	4	1-0-0-0	1-1-0-0	2-1-0-0	W1
Boston	5	2	3	0	0	10	9	4	1-2-0-0	1-1-0-0	2-3-0-0	W1
Tampa Bay	5	1	2	0	2	14	19	4	0-0-0-0	1-2-0-2	1-2-0-2	L4
Montreal	4	1	2	0	1	11	13	3	0-1-0-1	1-1-0-0	1-2-0-1	L2
NY Rangers	3	0	1	1	1	5	8	2	0-0-0-0	0-1-1-1	0-1-1-1	L3
Ottawa	5	1	4	0	0	14	23	2	1-1-0-0	0-3-0-0	1-4-0-0	L2
Winnipeg	3	0	3	0	0	5	13	0	0-1-0-0	0-2-0-0	0-3-0-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	4	4	0	0	0	13	5	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Colorado	5	4	1	0	0	17	11	8	0-1-0-0	4-0-0-0	4-1-0-0	W4
d-Dallas	5	4	1	0	0	13	11	8	4-0-0-0	0-1-0-0	4-1-0-0	W3
Anaheim	4	3	1	0	0	8	7	6	3-0-0-0	0-1-0-0	3-1-0-0	W3
Minnesota	5	2	1	1	1	12	12	6	2-0-1-0	0-1-0-1	2-1-1-1	L1
Phoenix	4	2	1	0	1	13	11	5	1-0-0-0	1-1-0-1	2-1-0-1	W2
Chicago	4	2	1	0	1	12	10	5	2-0-0-1	0-1-0-0	2-1-0-1	L1
Nashville	4	2	1	0	1	11	12	5	0-1-0-1	2-0-0-0	2-1-0-1	L2
Los Angeles	4	2	1	0	1	9	10	5	1-1-0-0	1-0-0-1	2-1-0-1	W1
Vancouver	5	2	2	0	1	15	15	5	0-0-0-1	2-2-0-0	2-2-0-1	W1
St. Louis	5	2	3	0	0	15	15	4	1-1-0-0	1-2-0-0	2-3-0-0	L1
Edmonton	3	1	1	0	1	6	7	3	1-1-0-0	1-0-0-1	1-1-0-1	L2
San Jose	3	1	2	0	0	8	8	2	1-1-0-0	0-1-0-0	1-2-0-0	L2
Calgary	4	1	3	0	0	11	14	2	0-1-0-0	1-2-0-0	1-3-0-0	L1
Columbus	5	0	4	0	1	10	17	1	0-2-0-1	0-2-0-0	0-4-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Colorado at Toronto
Florida at Tampa Bay
Pittsburgh at Winnipeg
Nashville at Edmonton
Anaheim at San Jose
Sunday's result
Anaheim 4 St. Louis 2
Tonight's games
All Times Eastern
Carolina at Boston, 7 p.m.
Florida at Washington, 7 p.m.
Dallas at Columbus, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
Philadelphia at Ottawa, 7:30 p.m.
Pittsburgh at Minnesota, 8 p.m.
Edmonton at Calgary, 9 p.m.
N.Y. Rangers at Vancouver, 10 p.m.
Chicago at Phoenix, 10 p.m.
St. Louis at Los Angeles, 10:30 p.m.

Tomorrow's game

Winnipeg at Toronto, 7:30 p.m.

SCORING LEADERS

	G	A	PT
Kessel, Tor	5	3	8
Tavares, NYI	5	3	8
Doan, Phx	3	4	7
Kopitar, LA	3	4	7
Vanek, Buf	3	4	7
Legwand, Nash	2	5	7
D.Sedin, Vcr	2	5	7
H.Sedin, Vcr	2	5	7
Parenteau, NYI	1	6	7
Neal, Phg	5	1	6
Adam, Buf	3	3	6
P.Kane, Chi	2	4	6
Skinner, Car	2	4	6

Not including last night's games

MLB PLAYOFFS

LEAGUE CHAMPIONSHIP SERIES

NATIONAL LEAGUE
MILWAUKEE (C) VS. ST. LOUIS (WC)
(St. Louis wins series 4-2)
Sunday's result
St. Louis 12 Milwaukee 6

WORLD SERIES

(Best-of-7)
ST. LOUIS (N.L.) VS. TEXAS (A.L.)
Tomorrow's game
All Times Eastern
Texas (Wilson 16-7) at St. Louis (Carpenter 11-9), 8:05 p.m.
Thursday's game
Texas (Lewis 14-10) at St. Louis (Garcia 13-7), 8:05 p.m.

Saturday, Oct. 22
St. Louis (Jackson 12-9) at Texas (Holland 16-5), 8:05 p.m.
Sunday, Oct. 23
St. Louis (Lohse 14-8) at Texas (Harrison 14-9), 8:05 p.m.
Monday, Oct. 24
x-St. Louis at Texas, 8:05 p.m.
Wednesday, Oct. 26
x-Texas at St. Louis, 8:05 p.m.
Thursday, Oct. 27
x-Texas at St. Louis, 8:05 p.m.
x — played only if necessary.

SUNDAY

CARDINALS 12, BREWERS 6

St. Louis	ab	r	h	bi	Milwaukee	ab	r	h	bi
Furcal ss	4	1	1	1	C.Hart rf	4	1	1	1
Jay cf	4	1	1	0	Morgan cf	2	0	0	0
Pujols 1b	4	1	2	2	CGomez ph-cf	1	1	1	0
Brkmr rf	5	1	1	1	Braun lf	4	0	0	1
Holliday lf	5	3	2	0	Fielder 1b	4	0	0	0
Freese 3b	4	3	3	3	R.Weiks 2b	4	1	1	1
Lynn p	0	0	0	0	Hrstin Jr 3b	4	2	2	0
Theiot ph	1	0	0	0	YBtncr ss	4	0	1	1
Motte p	0	0	0	0	Lucroy c	3	1	1	2
Y.Molin c	4	1	2	0	Kottars ph	1	0	0	0
Punto 2b	4	0	0	1	Marcm p	0	0	0	0
Edicks p	1	0	0	0	Nansop	1	0	0	0
Craig ph	1	0	1	2	Hwkns p	0	0	0	0
Salas p	0	0	0	0	McGeh ph	0	0	0	0
Chamrs ph	0	0	1	1	Loe p	0	0	0	0
Rzpczy p	0	0	0	0	Saito p	0	0	0	0
Dotel p	0	0	0	0	Council ph	1	0	0	0
Descals ph-3b	1	1	1	0	FrRidg p	0	0	0	0
Axford p	0	0	0	0					
Kotsay ph	1	0	0	0					
Totals	38	12	14	11	Totals	34	6	7	6

St. Louis 414 020 010 12
Milwaukee 130 110 000 6
E—Hairston 2r (3), C.Hart (1), DP—Milwaukee 1 LOB—St. Louis 5, Milwaukee 3. 2B—Freese (3), Hairston Jr. (4), Y.Betancourt (2). HR—Furcal (1), Pujols (2), Freese (3), C.Hart (1), R.Weiks (2), Lucroy (1), SB—Jay (1). S—Furcal, SF—Punto, Chambers.
St. Louis IP H R ER BB SO
E.Jackson 2 4 4 4 0 2
Salas 2 2 1 1 1 3
Rzpczynski W,1-0 21-3 1 1 1 0 1
Dotel 2-3 0 0 0 0 1
Lynn 1 0 0 0 0 1
Motte 1 0 0 0 0 1
Milwaukee
Marcm L,0-2 1 3 4 4 1 1
Narveson 12-3 4 5 5 1 3
Hawkins 11-3 1 0 0 0 1 0
Loe 1 2 2 0 0 1
Saito 2 1 0 0 0 3
Fr.Rodriguez 1 2 1 1 0 1
Axford 1 1 0 0 0 2
HBP—by Dotel (C.Gomez). WIP—Rzpczynski. Umpires—Home, Mike Winters; First, Gary Darling; Second, Tim Timmons; Third, Sam Holbrook; Right, Bill Miller; Left, Mike Everitt. T—3:43. A—43,926 (41,900) at Milwaukee.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	5	1	0	.833	185	135
Buffalo	4	2	0	.667	188	147
N.Y. Jets	2	3	0	.400	121	125
Miami	0	4	0	.000	69	104
SOUTH	W	L	T	Pct	PF	PA
Tennessee	3	2	0	.600	105	94
Houston	3	3	0	.500	141	124
Jacksonville	1	5	0	.167	72	132
Indianapolis	0	6	0	.000	104	163
NORTH	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	148	71
Cincinnati	4	2	0	.667	137	111
Pittsburgh	4	2	0	.667	119	102
Cleveland	2	3	0	.400	91	117

WEST	W	L	T	Pct	PF	PA
San Diego	4	1	0	.800	120	109
Oakland	4	2	0	.667	160	150
Kansas City	2	3	0	.400	77	150
Denver	1	4	0	.200	105	140

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	154	147
Washington	3	2	0	.600	96	83
Dallas	2	3	0	.400	115	121
Philadelphia	2	4	0	.333	145	145
SOUTH	W	L	T	Pct	PF	PA
Tampa Bay	4	2	0	.667	113	145
New Orleans	4	2	0	.667	177	151
Atlanta	3	3	0	.500	135	147
Carolina	1	5	0	.167	133	163
NORTH	W	L	T	Pct	PF	PA
Green Bay	6	0	0	1.000	197	114
Detroit	5	1	0	.833	178	114
Chicago	3	3	0	.500	146	132
Minnesota	1	5	0	.167	121	145
WEST	W	L	T	Pct	PF	PA
San Francisco	5	1	0	.833	167	97
Seattle	2	3	0	.400	94	122
Arizona	1	4	0	.200	96	121
St. Louis	0	5	0	.000	49	137

WEEK SIX

Byes: Arizona, Denver, Kansas City, San Diego, Seattle, Tennessee
Last night's result
Miami at N.Y. Jets
Sunday's results
Atlanta 31 Carolina 17
Baltimore 29 Houston 14
Chicago 39 Minnesota 10
Cincinnati 27 Indianapolis 17
Green Bay 24 St. Louis 3
New England 20 Dallas 16
N.Y. Giants 27 Buffalo 24
Oakland 24 Cleveland 17
Philadelphia 20 Washington 13
Pittsburgh 17 Jacksonville 13
San Francisco 25 Detroit 19
Tampa Bay 26 New Orleans 20

CFL

WEEK 17

EAST DIVISION							
	GP	W	L	T	PF	PA	Pts
x-Montreal	15	10	5	0	462	373	20
x-Winnipeg	15	9	6	0	360	350	18
x-Hamilton	15	7	8	0	420	416	14
Toronto	15	4	11	0	313	429	8
WEST DIVISION							
	GP	W	L	T	PF	PA	Pts
x-B.C.	15	9	6	0	429	322	18
x-Edmonton	15	9	6	0	353	328	18
x-Calgary	15	8	7	0	424	412	16
Saskatchewan	15	4	11	0	294	431	8
x — clinched playoff berth.							
Friday's games							
Edmonton at Toronto, 6:30 p.m.							
Saskatchewan at Calgary, 9:30 p.m.							
Saturday, Oct. 22							
Montreal at Winnipeg, 3 p.m.							
B.C. at Hamilton, 7 p.m.							
SCORING LEADERS							
	TD	C	FG	S	Pts		
Whyte, Mtl	0	46	39	11	174		
McCallum, BC	0	40	42	5	171		
Medlock, Ham	0	42	38	4	160		
Palardy, Wpg	0	33	33	5	137		
Paredes, Cal	0	38	30	5	133		
Prefontaine, Tor	0	24	30	5	119		

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	33	12	9	12	49	40	48
x-Philadelphia	33	11	7	15	44	35	48
Columbus	33	12	8	41	41	41	47
Houston	33	11	9	13	42	40	46
New York	33	9	8	16	49	44	43
Chicago	33	8	9	16	43	40	43
D.C. United	32	9	12	11	48	50	38
Toronto	33	6	13	14	34	57	32
New England	33	5	16	12	36	56	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
y-Los Angeles	33	19	4	10	47	25	67
x-Seattle	33	17	7	9	53	36	60
x-Real Salt Lake	33	15	11	7	43	35	52
x-Dallas	33	15	11	7	40	35	52
x-Colorado	33	11	9	13	42	40	46
Portland	32	11	13	8	38	46	40
Chivas USA	33	8	13	12	40	40	36
San Jose	33	7	12	14	36	43	35
Vancouver	33	6	17	10	34	53	28

HELP WANTED

General Help

GARDA

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Education



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Public Auctions

Public Auctions

LIQUIDATION SALE

Thursday, October 20, 2011 9:00 a.m. to 8:00 p.m.
Friday, October 21, 2011 9:00 a.m. to 5:00 p.m.
Saturday, October 22, 2011 9:00 a.m. to 2:00 p.m.

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coats; jackets; hats; scarves; swimsuits; sleepers; socks; dress shirts; belts

Electronics:

Charger sets; cameras; watches; tvs; dvd recorder; open signs; PSP games

Housewares:

Shower rods; gravy boats; 3 tiered buffet server; paper towel holder; dish sets; glasses; beverage dispenser; travel mugs; steamers; sewing machine; photo frames; curtain rods; roman shades; air conditioner; fans; garbage cans; air fresheners; containers; cutlery; platters; pack sacks; lunch bags; wreaths

Linens:

Rugs; sheet sets; comforters; pillows; towels; face cloths; sleeping bags; blankets; crib sets; curtains

Toys:

Activity cubes; wrestling spin & slam; Disney items; Fisher Price items; stuffed animals; soccer balls; board games; dress up trunks; scooters; piano; bean bag game; trucks

Lighting:

Vanity lights; ceiling fans; lamps; ceiling lights; table lamps; floor lamps

Sporting:

Marine safety kits; camp stove; BBQ covers; portable bbq; bikes; bike trailers; pool startup kits; scooters; roller blades

Furniture:

Benches; Muskoka chairs; couches; deacon benches; 7 piece dining set; chairs; ottomans; showers; lawn chairs; 3 pc bistro set; fridge

Beauty Supplies:

Cosmetic bags; shampoo; conditioner; bar soap; hair accessories; nail accessories; make-up; razors; sunglasses; reading glasses; baby wipes; jewellery boxes; facial wipes

Misc. Items:

Rain barrel; watering timers; snow brushes; clean up kits; fishing stuff; motorcycle covers; floor registers; windshield wipers; portable seats; tiles; coolers

Misc. Food Items

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UPCOMING AUCTIONS

November 10, 11 & 12 - Liquidation Sale - 301 Van Buren St, Kemptville
November 12 - 9:00 a.m. - Xmas Auction - Winchester

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<p>2011 HYUNDAI ELANTRA GLS 4 door Sedan, 1.8 L, auto, black/grey, 11,433 kms</p> <p>\$18,888 Stock # 1849</p>	<p>2010 DODGE CARAVAN Stow-n-go, 4 door, 3.3 auto, blue/black, 19,918 kms</p> <p>\$23,988 Stock # C0004</p>

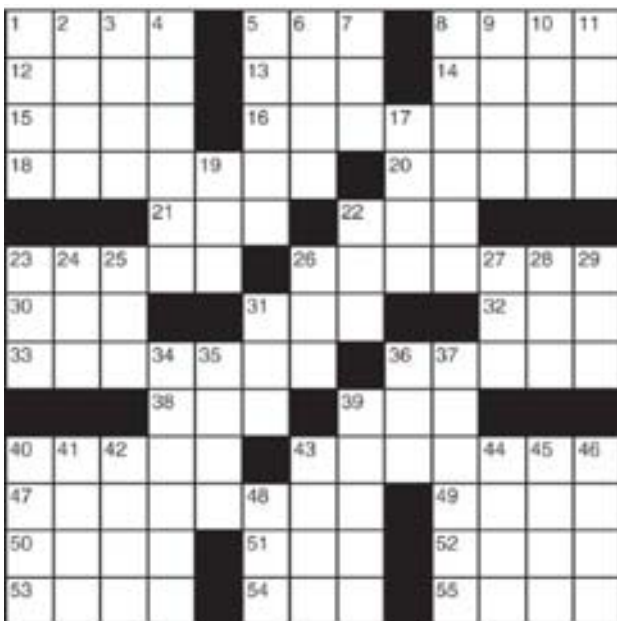
Crossword

Across

- 1 Creche trio
5 Antiquated
8 Pulsate
12 Right angles
13 Kids' pie filling?
14 Eastern potentate
15 Go sightseeing
16 Pose
18 Embassy employee
20 Actress Spacek
21 Historic period
22 Conclusion
23 Without pizzazz
26 Try
30 Born
31 Playwright Levin
32 — constrictor
33 Lure
36 Choir rendition
38 "Hail!"
39 Total
40 Ecru
43 "Way to go!"
47 Lawyer
49 Anger
50 Humdinger
51 Web address
52 Up to
53 Scottish garment
54 Sock part
55 "That's one small — ..."

Down

- 1 Transcending (Pref.)
2 Oodles
3 Excessive supply
4 Where Tel Aviv is
5 Nebraska city
6 Minstrel's instrument
7 Banned pesticide

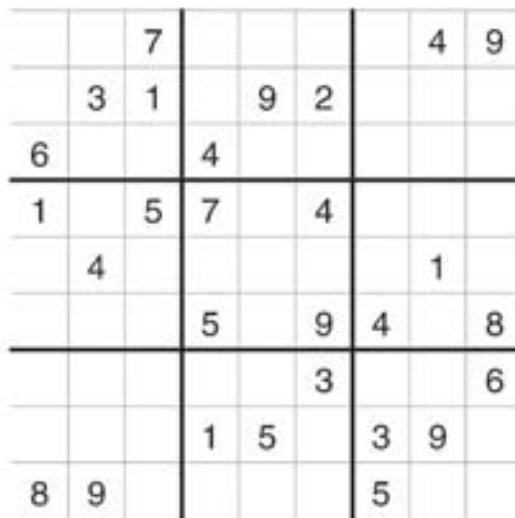


- 8 Happen as if by fate
9 Flightless flock
10 Lends a hand
11 Deuce defeater
17 "— It Romantic?"
19 Weep
22 Greek H
23 "CSI" evidence
24 Pensioned (Abbr.)
25 Nevertheless
26 Illustrations
27 Degree for a CEO
28 D.C. figure
29 53-Across wearer's hat
31 Lemieux milieu
34 Spicy stew
35 Maintain
36 Deposit
37 Intellect
39 Fashion
40 Abruptly refuse
41 Needle case
42 "— be OK"
43 Re planes and such
44 Fisherman's enticement
45 Look lasciviously
46 Shrill bark
48 Eccentric

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

3	8	5	1	7	4	2	9	6
7	4	2	3	9	6	8	5	1
6	1	9	8	2	5	7	4	3
9	3	8	4	5	2	6	1	7
4	2	6	7	1	9	5	3	8
1	5	7	6	3	8	9	2	4
2	7	4	9	8	1	3	6	5
8	9	1	5	6	3	4	7	2
5	6	3	2	4	7	1	8	9

Yesterday's answer ►

Today

11°/7°
 Showers
 40%

Wednesday

14°/8°
 Rain
 60%

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Today's horoscope

♈ Aries March 21-April 20 If you have fallen out with someone, your first priority is to get back on good terms with them.
♉ Taurus April 21-May 21 Someone you have dealings with will be rather aggressive today and you may be tempted to respond in kind. Don't.
♊ Gemini May 22-June 21 Creatively and artistically you will be on top of your game today, so do something truly extraordinary.
♋ Cancer June 22-July 22 You may have to get tough with someone but if you don't they will most

likely make a mess of something that affects you directly.
♌ Leo July 23-Aug. 23 Your communication makes it easy for you to win others round to your way of thinking.
♍ Virgo Aug. 24-Sept. 22 You will get an offer today that could bring you a lot more money and prestige.
♎ Libra Sept. 23-Oct. 23 Look out for your own interests and pay no attention to those who say you should be helping them more.
♏ Scorpio Oct. 24-Nov. 22 You may be tempted to give up on something, but the planets warn if

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you stop now you will regret it later, so keep going.
♐ Sagittarius Nov. 23-Dec. 21 Save yourself for the things and the people that really matter.
♑ Capricorn Dec. 22-Jan. 20 Someone in a position of authority will be glad to assist you.
♒ Aquarius Jan. 21-Feb. 18 Everything seems to be going well for you at the moment and life will be hugely enjoyable over the next few days.
♓ Pisces Feb. 19-March 20 You may or may not grow rich over the next few days but Lady Luck is smiling on you. **— SALLY BROMPTON**

Caption contest



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